

## **School For ARTs In Learning - Public Charter School Breakfast in the Classroom Program**

“Breakfast is essential for learning. If you have a student that starts the school day without eating, you can’t expect that student to learn.” – Trevor Samuels, school principal

Before the School for ARTs in Learning (SAIL) implemented its breakfast program, Betsy Johnson, the school nurse, saw many students come to her for headaches and stomachaches. Now, with breakfast in the classroom, many more students are starting the day ready to learn, and hunger-related symptoms have decreased dramatically.

Breakfast in the classroom is especially important given SAIL’s low-income population, with 73% of students qualifying for free or reduced-price meals. Eighty to ninety SAIL students, or nearly three-quarters of the student body, participate in the breakfast program daily, receiving a critical jump-start to their day.

### **The Nuts and Bolts**

SAIL’s caterer, Platinum Catering, delivers meals by 8:30a.m. each day to the school’s kitchen. At 8:30a.m., designated student helpers or teacher’s assistants from each classroom come to pick up their meals. They place them into convenient bins to take up to their classrooms.

The students arrive at 8:45a.m. to start the school day. During a 10-minute goal-setting session, children eat their meals. The menu varies between hot and cold options such as pancakes, cereal, sausage, fruit and milk.

The school provides each teacher with a simple-to-use checklist so the teacher can mark which students take a meal. Thanh Carroll, the principal’s assistant, reviews the checklist with the teachers at the beginning of the year to explain its importance. She then collects the checklists each week and uses the data to file for the monthly reimbursement. Carroll recommends collecting checklists on a weekly rather than monthly basis to prevent an end-of-the-month rush.

After the meal is completed, student helpers as young as kindergarten take the breakfast bins back to the kitchen. “You have to give the children responsibility to teach them to be responsible,” says Samuels. “It’s all part of the learning process.” \*\*

For more information on SAIL’s breakfast in the classroom program, please contact:

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